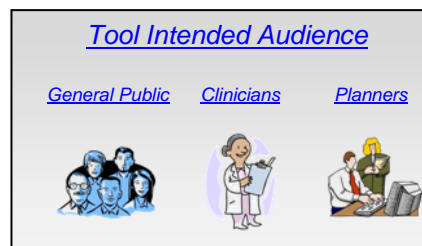


## Objective 31: Reduce the proportion of children and adolescents who are considered obese

Maryland SHIP Vision Area 5: Chronic Disease  
Tools, Resources, and Promising Practices  
updated May 2012



### Information, Facts, and Figures

#### [Childhood Obesity Facts - CDC](#)

CDC webpage with links to resources, journal articles and information on childhood obesity in the US



#### [NCHS Data Brief - Prevalence of Obesity in the United States, 2009-10](#)

Key findings from the National Center for Health Statistics on childhood obesity from the National Health and Nutrition Examination Survey, 2009–2010



#### [State by State Childhood Obesity Trends - NCSL](#)

National Conference of State Legislatures offers mapped statistics from the National Initiative for Children's Healthcare Quality, Child Policy Research Center, and Child and Adolescent Health Measurement Initiative.



#### [Prevent Childhood Obesity](#)

Recommendations for actions to take to prevent obesity in children ages five and younger.



### Maryland Services and Hotlines

#### [Playworks](#)

Playworks offers Maryland schools and coalitions dynamic ways to enhance learning through physical activity and play focusing on energizing play and recess in schools, child care settings and in the workplace.



#### [Healthy Schools Program In Prince George's County](#)

Program in 181 schools in Prince George's County focuses on giving schools the tools and resources they need to make healthy changes. Support for this effort has been provided by the Michael & Susan Dell Foundation and Robert Wood Johnson Foundation.



### Personalized Tools

#### [Body Mass Index \(BMI\) Calculator—Child and Teen](#)

BMI calculator for children and teens aged 2-19.



### Promising Practices

#### [Physical Activity Guidelines for Americans](#)

Physical activity guidelines packet, including science-based guidance to help Americans improve health through physical activity.



#### [Let's Move](#)

The First Lady's Let's Move Initiative to reduce childhood obesity. Includes educational information and action plans for all audiences including: elected officials, schools, parents, children, chefs, restaurants and businesses.



[National Heart, Lung & Blood Institute—Hearts N' Parks](#)

Guide and tool to promote cardiovascular exercise in local communities to reduce obesity and the incidence of death and disability from chronic disease.



[Healthy Eating](#)

Includes “My Plate” nutrition guidelines, tips, tools, and assessment for healthy eating.



[School Wellness Policies](#)

This U.S. Department of Agriculture (USDA) and CDC sponsored clearinghouse can assist school districts with developing local wellness policies for physical activity and nutrition, and provides tools and resources for implementation, and un-reviewed sample policies.



### **Toolkits**

[The Community Guide—Increase Active Living](#)

Recommendations to increase physical activity and reduce obesity, a contributor to heart disease.



[Prevent Obesity among People with Disabilities](#)

Factsheet about obesity among people with disabilities and steps for prevention.



[White House Task Force on Childhood Obesity](#)

Report to the President includes links to PDFs by chapter. Information includes detailed description of the issue, recommendations for early childhood, initiatives to empower parents and caregivers, healthy food in schools, access to healthy, affordable food, and increasing physical activity.



[The Community Guide – Enhanced School-Based Physical Education](#)

Task Force recommendations on behavioral and social approaches to increase physical activity.

